

Issue 10
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Inside This Issue:

Navy Doctor Pioneers Esophagus Treatment Technique	2
National Medical Laboratory Week Honors Behind-the-Scenes Workers	3
NMETC Student Elected President of National Student Nurses Assoc.	3
BUMED and State Department Team-up in the Name of Education	4
Fleet Hospital 8 Earns MUC for 2003 Deployment	4
Seaman-to-Admiral Applications are Now Being Accepted	5

Items of Interest:

- **Food Pyramid Gets New Look.** For the first time since it was introduced in 1992, the federal government has unveiled a makeover Food Guide Pyramid that emphasizes eating a variety of food, including healthful fat, and highlights the importance of physical activity. Unlike the "one size fits all" original pyramid, the new pyramid adjusts to your body type and your health goals. To learn more about the new food pyramid and how you can customize your pyramid to your health goals, visit the website: <http://www.mypyramid.gov/>
- **Tricare Reserve Select Program Training Conference.** The conference is scheduled for May 10, at the National Conference Center, Lansdowne, Va. For more information and to register for conference, visit <http://www.tricare.osd.mil/conferences/trs/index.cfm>.
- **Melanoma/Skin Cancer Awareness.** May is National Melanoma/Skin Cancer Detection and Prevention Month. This month is dedicated to the education, awareness, detection and prevention of skin cancer, including basal cell and melanoma. For more information, visit <http://www.cdc.gov/cancer/nsccep/awareness.htm>.

Navy and Marine Corps Medical News

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EMF Dallas Cares for U.S., Coalition Troops in Kuwait

By Journalist 1st Class (SCW/FMF) Lisa Keding, Naval Media Center Fleet Support Detachment Bahrain

CAMP ARIFJAN, Kuwait - Expeditionary Medical Facility (EMF) Dallas is bringing state -of-the-art medical care to military members serving on the front lines of Operation Iraqi Freedom from a tent city in Camp Arifjan in Kuwait. The Reserve unit, comprised of more than 300 doctors, nurses and support staff deployed to Kuwait earlier this year.

This is the first time a team of Reservists in this type of unit has been recalled to active duty since operations in Iraq began two years ago. Many members of the team, who are from 48 states, didn't expect the order that brought them so close to the operations in Iraq.

"We had been told never to expect our type of unit to be recalled as a group again," said Capt. Nancy Cathey, executive officer of EMF Dallas. "They were working at dismantling this type of unit. So, when the order came through for us to come, we were really excited and surprised."

The unit is set up in a series of tents and performs many of the same functions that a normal hospital would. There is an intensive care unit, two operating rooms, two wards, a lab and many of the other ancillary services patients might need. It may be hard to visualize an operating room in a tent or a

(Continued on page 3)



Nias, Indonesia — U.S. Navy Lt. Amy Plant, a Navy dentist, examines the teeth and gums of a young Afghan boy during a Coalition medical/dental civil affairs project in the village of Najoy, Afghanistan. Participating in the one-day humanitarian mission were medical specialists assigned to the 22nd Marine Expeditionary Unit (Special Operations Capable), the U.S. Army's 10th and 25th Infantry Divisions, and the Romanian Army, who provided security for the mission in support of Operation Enduring Freedom (OEF). U.S. Marine Corps photo by Gunnery Sgt. Keith A. Milks

Navy Doctor Pioneers Esophagus Treatment Technique

By Rudi Williams, American Forces
Press Service

BETHESDA, Md. — A Navy doctor at the National Naval Medical Center in Bethesda, Md., has found a way to eliminate pain and suffering and save the lives of patients with Barrett's esophagus and other deadly esophageal diseases without performing the major surgery that has been the normal recourse.

Capt. Mark Johnston is making medical history with his innovative use of "cryotherapy," the application of extreme cold, for the treatment of serious esophageal diseases.

Johnston said the freezing technique has been used for decades in treating certain cancers and in various dental and pulmonary procedures.

But this marks the first time the technique, which dates back to the 1850s, is being used in the field of gastroenterology for esophageal mucosal ablation and other diseases, he said.

Johnston holds many credentials. He's chief of gastroenterology and director of the Colon Cancer Center at Bethesda. He's also an associate professor of medicine at the Uniformed Services University of Health Sciences and a gastroenterology consultant to the U.S. Congress, Supreme Court and White House.

Johnston said Barrett's is a condition in which the esophagus, the muscular tube that carries food and saliva from the mouth to the stomach, changes so that some of its lining is replaced by tissue similar to that normally found in the intestine.

"Once you get that kind of cell, your risk for getting cancer in the esophagus can go up over a hundredfold," he noted.

Barrett's esophagus can lead to two common forms of esophageal cancer -- squamous cell carcinoma and adenocarcinoma. Over the last 25 years, the incidence of esophageal cancer has increased faster than any other malignancy in the Western world, Johnston noted.

"When it's over, the patient can get up and walk down to the coffee shop and have a cup of coffee, or a hamburger -- no problem," Johnston said.

"When acid comes up and burns off the lining of your esophagus, in most people, when it heals, it will heal back with the normal tissue," Johnston said. "In some people, it heals back with abnormal tissue, which is what we call Barrett's esophagus. It's that tissue that's at risk for turning into cancer."

It's still in the testing, research and development stage, but Johnston's freezing technique replaces surgery with an outpatient procedure that takes only 15 to 20 minutes, and it's pain-free, he noted.

"When it's over, the patient can get up and walk down to the coffee shop and have a cup of coffee, or a hamburger -- no problem," Johnston said. "So we went from an esophagectomy that results in being in the hospital from seven to 21 days, to walking in, getting your procedure done and walking out in time to have lunch."

The doctor has successfully treated more than 25 patients, including two with high-grade dysplasia, a close precursor to cancer, which normally would have been treated with an esophagectomy, he said. "We've reversed Barrett's in every single one of them," he added. "We've had no complications -- zero -- in a first-of-its-kind study."

Johnston started thinking about a gentler and less invasive method of treating esophagus diseases in October 1994 during an American College of Gastrology meeting at the Uniformed Services University of the Health Sciences. "I thought, 'Why not freeze the esophagus?'"

Johnston said.

"Gynecologists have been freezing dysplasia, early cancer in the cervix, just by spraying it. Why not just spray the lining of the esophagus," he said.

When he returned to his office, he absorbed himself in a big Internet literature search. "I found out that spraying and freezing the lining of the esophagus had never been done before -- not a single abstract, no report, nowhere in the world in medical literature," Johnston. "So it was a new idea."

After talking it over with his mentor, Andre Dubois, a research professor at the university, Johnston went home and built a prototype device in his garage.

After becoming a staff doctor at the Bethesda naval hospital in 1995, Johnston found out that the university had a \$12,000 starter grant earmarked for young investigators to encourage development with new ideas and to get them involved in research. He managed to obtain some money for his research.

The Navy doctor's quick, painless technique could be a godsend for people around the world. More than 7 million people in the United States experience acid reflux disease, which affects an estimated 5 to 7 percent of the global population, including men, women and children, Johnston said. Barrett's esophagus, which may cause no symptoms itself, is estimated to affect about 700,000 adults in the United States alone.

National Medical Laboratory Week Honors Behind-the-Scenes Workers

By David Allen, Stars and Stripes
Pacific edition

CAMP LESTER, Okinawa — Naval Hospital Okinawa will celebrate National Medical Laboratory (NML) Week, April 24 to April 30, when the hospital will recognize its behind-the-scenes medical professionals, said hospital spokeswoman Amanda Woodhead.

"Pathologists, laboratory technologists and technicians at the hospital and the Armed Services Blood Bank Center are among the

many unsung heroes of medical health care here on Okinawa," she said. "Using state-of-the-art technology and instrumentation, laboratory professionals help to prevent disease by detecting unknown health problems and by aiding in the diagnosis and treatment of existing conditions through accurate, timely test results."

"We are proud of the work we do," stated Lt. Cmdr. Tom DeLucia, the hospital's laboratory manager. "We have to be painstakingly me-

ticulous in performing our jobs to provide dependable answers to our physicians."

Laboratory test results can spot health problems in early stages, giving doctors a head start in developing treatment plans. "Early diagnosis also provides a better chance of a cure with treatments less costly than during a disease's more advanced stages," Woodhead said.

Displays will be posted in the hospital lobby to promote awareness of NML Week.

EMF Dallas Cares...

(Continued from page 1)

state-of-the-art CAT scan machine in a large metal box, but the mobile accommodations do not seem to affect the fast tempo and 24-hour operations of the team.

"My preconceived notion coming in here is that I wouldn't be doing arthroscopies of the knee and certain trauma cases that we've been doing," said Cmdr. Gregg Wolffe, EMF Dallas' orthopedic surgeon department head. "I just didn't think we'd be doing that kind of thing

here, but it's fairly easily accomplished here."

Most of the members assigned to the unit work at Camp Arifjan. There are 10 other clinics on different camps that team members currently support. In at least one of the clinics, coalition medical staff work with the EMF Dallas team, and the outlying clinics and the clinic on Camp Arifjan see troops from all the different coalition forces.

"We've seen a lot different patients from a lot of different camps.

It's been quite busy," said Hospital Corpsman 2nd Class (FMF) Cathy Blair. Blair is assigned to Ward M in EMF Dallas.

The tents stay busy 24 hours a day. Nurses and corpsmen hang and check bags of saline, doctors perform surgeries and talk to patients.

"This is the result of all those years of learning, training and experience, and we are all very proud to be here at this moment," said Cathey.



NMETC Student Elected President of the National Student Nurses Association

By HMC(FMF/PJ) Dwayne J. Hathaway, Naval Medical Education and Training Command, Public Affairs, Bethesda, MD

Chief Hospital Corpsman John D. Arce, a Navy Nursing student enrolled in the Medical Enlisted Commissioning Program (MECP), was elected President of the National Student Nurses Association (NSNA) at the 52nd Annual Convention in Nashville, TN, April 2004.

"Between the Navy and the NSNA, there are no better organizations available for acquiring those leadership skills needed to be successful in your career", said Arce.

According to Rear Adm. Nancy J. Lescavage, Commander of NMETC and Director of the Navy Nurse Corps, "Chief Arce is of the highest caliber and a testimony to the individuals who you will find in

our community. I am proud to have him as a member of our team."

One of the many goals he has set for himself during his tenure as president is to promote involvement in the NSNA so members may benefit from the many rewards and gain valuable insight and lessons learned in their nursing professions.

Upon completion of the program May 6th, 2005, Arce will be commissioned as an Ensign in the United States Navy. His first duty station as a Navy Nurse will be Naval Hospital, Camp Lejeune, NC. He is currently attending Charleston Southern University, Charleston, South Carolina.

BUMED and State Dept. Team-up in the Name Of Education

By Christine A. Mahoney,
BUMED Public Affairs Office

Washington, D.C. - Navy personnel and their dependents stationed in the National Washington Capital area, have a plethora of education opportunities to benefit from. While stationed at the Bureau of Medicine and Surgery (BUMED), Cmdr. Eddie Oestreicher created another advance educational opportunity that benefits both BUMED and the State Department personnel and their family members.

During his tour of duty at BUMED, Oestreicher took a survey of 400 personnel to learn how many would be interested and partake in a Master's of Business Administration (MBA) program. Out of the 250 surveys that were returned, he learned the majority of BUMED personnel welcomed and would definitely enroll in the program. Not only did Oestreicher believe that BUMED personnel could benefit from the program, but the command's neighbor, the U. S. State

Department would welcome the opportunity to take part as well. With that in mind, he contacted Paul Lawrence, Chief, Career Development Division, U.S. Department of State, and the BUMED-State Department educational partnership was born.

Oestreicher was honored for his efforts with a Certificate of Appreciation award. He received the award during a ceremony that was officiated by Sharlyn Grigsby, Director, Office of Civil Service Personnel Management, U.S. Department of State. She acknowledged the outstanding effort and contributions of Oestreicher in the formulation of a joint partnership between BUMED and the State Department. This partnership allows students to obtain graduate coursework through Webster University.

Grigsby stated "This project has led to over 44 BUMED and State Department lives being changed by this noteworthy effort. The program continues to grow at a rapid rate and will help retain the bright-

(Continued to page 5)



BUMED.— Cmdr. Eddie Oestreicher receives a Certificate of Appreciation award for his work in creating an advancing educational opportunity for BUMED and U. S. Department of State personnel and family members. The program is hosted at BUMED. Photo by Elaine Kallmeyer-Oestreicher.

Fleet Hospital 8 Earns MUC for 2003 Deployment

By Journalist 3rd Class Chris Gethings,
Naval Hospital Bremerton Public Affairs

Naval Hospital Bremerton, Wash. - Fleet Hospital (FH) 8, primarily consisting of Fleet Hospital Bremerton officers and Sailors, received the Meritorious Unit Commendation award March 8 for its 2003 deployment to Rota, Spain.

FH 8 was recognized for its achievements during its deployment from February to July 2003 to Rota in support of Operations Enduring Freedom and Iraqi Freedom. More than 550 officers and Sailors from 16 commands deployed with FH 8, and saw their first patient March 17.

"Everybody on board did an awesome job," said Lt. Erich Dietrich, personnel officer on the deployment. "Everyone out there rose to the challenge and excelled tremendously. The time everything was built in was just phenomenal. We also set unprecedented accomplishments in the facilities we set up." During the deployment, Fleet Hospital 8 built two separate medical facilities from the ground up. One was a 116-bed expeditionary medical facility and the other a 250-bed fleet hospital.

During the deployment, FH 8 saw more than

1,300 patients and performed more than 250 surgical operations on Soldiers, Sailors, Airmen and Marines evacuated from U.S. Central Command's areas of operation.

One of the numerous accomplishments by Fleet Hospital 8 during the deployment was the first fleet hospital reconditioning unit for patients recovering from battle fatigue.

Out of 110 patients who participated in the 14-day structured program in the reconditioning ward, 85 returned to their units out in the field, said Cmdr. Mark Russell, Fleet Hospital 8's mental health department head.

Another initiative by FH 8 was homecoming transition briefs conducted by the chaplain and mental health staff for all patients. "This was the first of its kind by medical treatment facilities or fleet hospitals," Russell said. "I think everyone on this deployment did just spectacular."

All personnel attached to Fleet Hospital 8 from Feb. 16 - July 23, 2003, are eligible to wear the Meritorious Unit Commendation award.

Seaman to Admiral Applications are Now Being Accepted

By JOC Bruce Moody, Naval Service Training Command

Great Lakes, IL—The Seaman to Admiral (STA-21) commissioning program, which provides a pathway for qualified Sailors to receive college educations and Navy commissions, is soliciting applications for fiscal year 2006. Deadline for applications is July 1, 2005. The selection board will meet during September 2005 and the names of selectees will be announced via message traffic in October 2005.

STA-21 is a full-time undergraduate education and commissioning program open to enlisted personnel of all pay grades and ratings who meet eligibility requirements. STA-21 is designed to improve support for Sailors interested in earning a baccalaureate degree and a commission as a Naval officer. Selectees are authorized a

maximum 36 months of full-time, year-round study to complete a baccalaureate degree, however, preferential consideration will be given to those applicants requiring 24 months or less of full time study.

Participants in the STA-21 program remain on active duty while attending college and benefit from an education voucher valued at up to \$10,000 per year to cover tuition, fees and book costs. STA-21 participants will become members of and drill with a local NROTC unit. Upon graduation, STA-21 participants will be commissioned as ensigns and return to active duty in the fleet.

In addition to the \$10,000 per year voucher, Sailors receive their basic pay and basic allowance for housing, are eligible for advancement and many will be eligible for fleet housing units as well.

Candidates may apply for either the STA-21 Core Option or the STA-21 Target Option programs. The STA-21 Core Option allows officer community assignment to an unrestricted line designator during the final year of college based on the needs of the Navy, individual qualifications, aptitude, experience and preferences.

All STA-21 officer candidates will attend the Naval Science Institute (NSI) course at Officer Training Command, Newport, R.I., prior to beginning college studies at a NROTC-affiliated college or university. NSI is an 8-week course of intense officer preparation and indoctrination. Course enrollment is timed to allow college entrance during fall, spring or summer semesters/quarters.

For a complete list of requirements and more information, visit [t](https://www.sta-21.navy.mil) [at https://www.sta-21.navy.mil](https://www.sta-21.navy.mil).

Joint-Education Program...

(Continued from page 4)

est personnel for each organization." She added that numerous employees had commented personally to her about the quality of information provided by Webster University, and the great interaction that is occurring due to having a blended program where civil and military personnel can share their knowledge. According to Grigsby, this program is a true testament to

the synergistic effect which can occur due to collaboration.

Paul Lawrence, Chief, Career Development Division, U.S. Department of State and Dr. Carl Richards, Regional Director of Webster University also provided their appreciation to BUMED for helping develop the graduate program.

Rear Adm. Elizabeth M. Morris, Deputy Chief of Reserve Affairs, and Rear Adm. Lewis Libby, Deputy Director of the Dental Corps, were in attendance. BUMED Reserve Affairs staff, who worked with the university to support the program, were also in attendance.

Oestreicher offered his appreciation for everyone's hard work on making the program a success. He added that the program is in the process of possibly incorporating a healthcare focus to the MBA curriculum.



Nias, Indonesia - Chief Hospital Corpsman James Price, assigned to USNS Mercy (T-AH 19), cares for a baby diagnosed with dengue fever while on the way to the local Gunung Sitoli Hospital in Nias, Indonesia. U.S. Navy photo by Photographer's Mate 3rd Class Lamel J. Hinton

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